

**STANDARDS of  
ACCOMPLISHMENT**



**GOALS  
FOR BOYS IN PHYSICAL FITNESS**

**BOYS' CLUBS of AMERICA**





AD



This Boys' Clubs of America  
PHYSICAL FITNESS PROGRAM

has been developed

TO . . .

Provide goals in the physical program within the reach of most boys on the basis of self-competition.

Give physical program aids to Boys' Club staffs and volunteers.

Stimulate boys to try new physical activities and to enjoy different experiences.

Encourage individual growth and physical fitness.

Give boys a sense of achievement and personal worth.

Provide fun through participation.



### ACKNOWLEDGEMENTS

The physical fitness program described in this booklet is part of the Standards of Accomplishment Program originally established by Boys' Clubs of America with funds from The Grant Foundation, Inc.

The material was first prepared and recently revised by the Program Services staff in cooperation with the Boys' Clubs of America National Committee on Physical Program.

Graduate students of New York University handled the research data and Springfield University gave much invaluable guidance to the project.

Illustrations and design were graciously contributed by Miss Nina Shilko, a volunteer at the Boys' Clubs of Detroit.

To these people and to the Boys' Club directors and thousands of boys who participated in the project, we are deeply grateful.

John M. Gleason  
National Director



## BOYS' CLUBS of AMERICA

### STANDARDS OF ACCOMPLISHMENT PROGRAM

#### GOALS FOR BOYS IN PHYSICAL FITNESS



Growing boys need and desire activity as an outlet for physical and nervous energy. A good physical program in a Boys' Club not only provides this outlet but also helps the boy develop health, vigor and stamina for the full enjoyment of life. Traditionally it has been the aim of Boys' Clubs to provide the opportunity for boys to gain experience in situations which are mentally stimulating and enjoyable, physically wholesome and socially sound.

Not all individuals get the same satisfaction out of taking part in physical activities nor are they enthusiastic in sports and athletics to the same degree. For this reason, programs have to be varied enough to provide for the satisfaction and needs of all boys.

As an incentive to interesting, attracting and exposing more boys to physical experiences, it was felt that a program should be developed which could give the feeling of accomplishment to the great majority of boys and not only to the more skilled ones. Thus goals have been established in eight accepted and recognized physical performances as a part of the Standards of Accomplishment Program of Boys' Clubs of America. These goals have been set up within the reach of most boys who are interested in trying to reach them.

It is generally agreed that all boys need to feel they have accomplished something, that they are as good as the next fellow. Use of these physical fitness standards should give many boys experiences from which they can get personal satisfaction. This means that a boy does not have to feel he has to be the best in order to have fun in an activity. Our aim is to encourage him to develop to the limit of his ability.





Too often, youth organizations have made the mistake of calling attention to the records of the "champs" in certain physical activities and so imply that meeting the champ's performance should be every boy's aim.

In this program we are aiming at a boy meeting the general goals which are based upon what a boy his age is actually able to do. If he wants to, he can go further and try to improve himself so that he is better than average. But at least we have given him reasonable goals toward which to aim.

#### HOW THE GOALS WERE DETERMINED

In gathering data for this project, 43,000 boys were tested in 161 Boys' Clubs all across the country to determine average performances in the various activities which are now a part of this program. Not only were boys tested who use the gymnasium frequently, but other boys who do not use the physical facilities in a Boys' Club regularly were also involved.

A careful statistical analysis was made of the test results by graduate students in Physical Education at New York University. Recognizing the more complicated systems that have been developed and are used by the physical educators, the analysis indicated that age in itself is sufficient and valid for the purpose of this particular program.

Since the standards have been developed simply on an age basis, the test results can be easily understood by volunteers and part-time workers as well as by the boys themselves.

#### PHYSICAL FITNESS VALUES

A boy will not necessarily become physically fit by meeting all of the standards in this program. It will provide him, however, with an incentive and a challenge to improve his physical condition once he has the courage to match himself against the standards and is brought face-to-face with some of his shortcomings.





This program will also give alert leaders an opportunity to recognize boys who need help and to offer them their personal interest and time in providing the necessary support and training.

For boys who can achieve the goals, the program provides a base for improvement beyond the average and should motivate many to continue practicing. Here again, much will depend on the interest the leader shows in the performance and progress of each individual boy.

In the course of this program, leaders should find ample opportunity to point out the relationship to actual performance on the tests, of the proper rest, diet and other desirable health habits.

### HERE IS THE PROGRAM

Goals have been developed for boys 7 through 17 years of age on the basis of average performance on the following tests:

Sit-ups	Vertical Wall Jump
Pull-ups	Rope Climbing
Push-ups	Indoor Running Broad Jump
Standing Broad Jump	Outdoor Running Broad Jump

The aim of the program is to encourage as many boys as possible to see if they can, with some practice, achieve the goals established for their respective ages. Certain materials and aids have been prepared and are available to help with the administration of this program. These are discussed and illustrated later in this booklet. They are:

1. WALL CHARTS illustrating the goals on each of the eight tests.
2. FITNESS CERTIFICATES for boys who can pass the first five tests listed above.
3. PHYSICAL FITNESS RECORD BOOKS for boys to keep their own individual records of progress.
4. POSTERS for the bulletin board to inform the membership of the program.
5. A suggested RECORD KEEPING FORM.



## HOW TO USE THIS PROGRAM

### General Procedure:

A Boys' Club may choose to conduct all or only those tests for which facilities are available. The tests can be given purely as an activity, or a Club can administer this program with some emphasis on the FIVE TESTS which lead to FITNESS CERTIFICATES.

Here are some suggestions for the general program:



1. Give boys an opportunity to be tested at specified times. Designate clearly where the tests are to be given and at what time. It might be best to start the program in the early fall before the intra-mural program gets underway. Provide periods during the year for groups of new members, just joining the Club, to be tested.
2. To help stimulate and retain interest in the program, make available to your membership the PHYSICAL FITNESS RECORD BOOKS. Boys can use these small, pocket-size booklets to keep a record of their individual progress. Arrange to have these booklets issued from the general office, locker room, or gymnasium.
3. Conduct one or several of the tests at one time. Put up the appropriate WALL CHARTS (How Do You Rate?), which list the standard performance for each age, in the location where the tests are given.
4. Physical directors and instructors may want to keep some sort of record system so that boys who need help can be given special exercises for purposes of improvement. This implies following-up on boys who fail to reach the goal on any of the tests and offering them help. Contacts can be made by postal card, letter, or telephone.
5. Encourage boys to continue practicing even after they achieve a particular goal to see how far they can progress.
6. Provide ample opportunity for self-testing or practice periods when boys can come in on their own and check their performance on the various tests.



## Fitness Certificates:

Many Boys' Clubs which conduct this program may want to provide certificates as a tangible recognition of achievement. Therefore, FITNESS CERTIFICATES are available for boys who can reach the standards or goals in the five specified tests. The use of certificates is optional with each Boys' Club.

Since all eight tests are not comparable on the basis of the ages used, the five tests were selected which have goals determined for all ages in the 7 through 17-year range.

It is recommended that Boys' Clubs who desire to provide certificates, do this as a part of the total program and consider using the other tests on a non-certificate basis.

The procedure for giving out certificates is as follows:

1. A boy must reach the goal for his particular age on these tests:

Sit-ups      Push-ups  
Pull-ups      Standing Broad Jump  
Vertical Wall Jump



2. It is suggested that a simple record keeping system be used to indicate those who earn certificates and when they receive them.
3. Certificates can be given to boys right after they successfully pass all their tests, or it might be preferable to give them out at special assemblies or at movie programs.
4. Avoid using the certificates as awards. They should be used merely as records of earned achievement in the physical fitness program. Caution should be observed so that boys do not think of this as a contest. There are no "winners" or "losers" in this program.



## WHAT ABOUT RECORD KEEPING?



Although it is very desirable to minimize record keeping in order to have more time for dealing directly with boys, some amount of recording is necessary to effectively conduct this program.

Where individual RECORD BOOKS are issued to boys and CERTIFICATES are used, it will, of course, first be necessary to keep track, in some simple way, of the members who receive these items. Entries of the test performance may be made in each boy's record book by older members. When any boy earns a certificate, he may turn in his record book as evidence of his accomplishment. (Note: Where this procedure is used, boys may be interested in having their record books returned.)

Workers may want to know what boys need help and practice on the tests. This can be readily ascertained by asking the boy for his record book and checking his performance on the various tests.

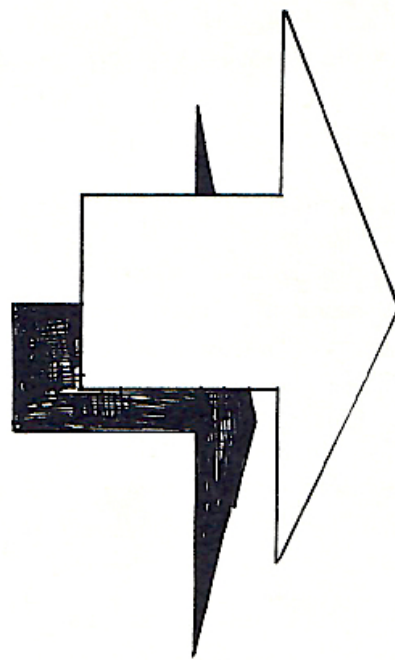
Another method is to use the suggested RECORD FORM, which is illustrated elsewhere in this manual. This composite form, kept separately for each age group, can be used (a) to record each boy's performance; (b) to indicate where a boy has passed a test; (c) to show which boys have earned and received their certificates and, (d) to give a quick picture of each boy's progress in each area.

Other types of record forms, charts and progress forms might be devised by Boys' Clubs. The extent of the records that will be kept will vary with each Club, depending on the leadership and size of Club.

Basically, this program can be successfully administered with a minimum amount of detail. Most of the necessary work of recording can very easily be done by older members and other volunteer workers.



**BOYS' CLUBS of AMERICA**  
**PHYSICAL FITNESS TESTS**





## SIT - UPS

(This test counts toward a Fitness Certificate)

Equipment - None

Performance -

### Starting Position

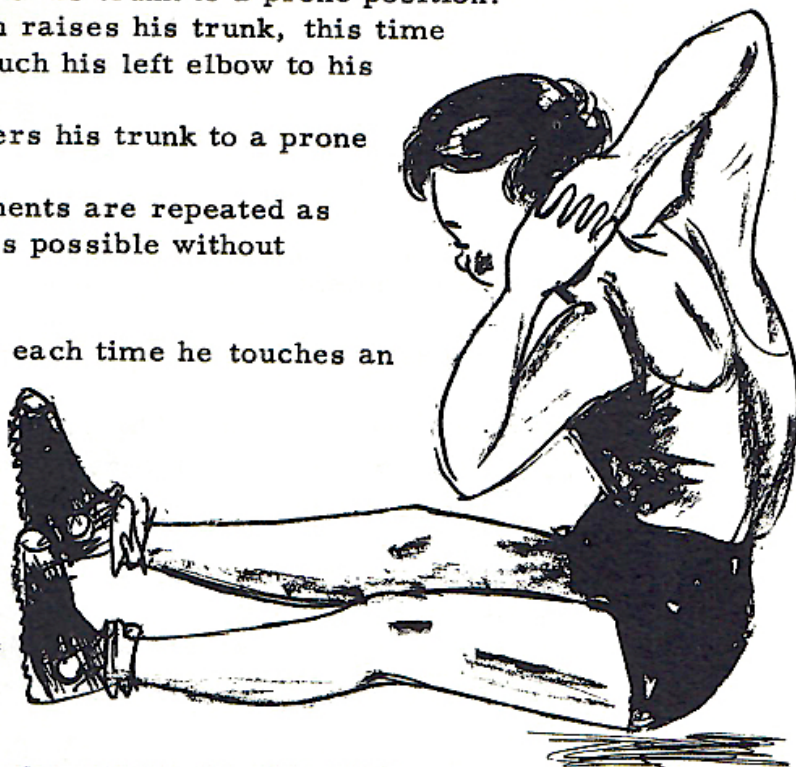
Boy lies flat on his back on the ground with his hands clasped behind his neck, knees straight and his feet about 10 inches apart. Scorer or assistant holds performer's ankles firmly on the ground.

### Movement

- The boy raises his trunk to a sitting position and rotates it slightly, bending forward far enough to touch the right elbow to the left knee. (Knees may be bent slightly as contact is made with the elbow.)
- He then lowers his trunk to a prone position.
- The boy again raises his trunk, this time rotating to touch his left elbow to his right knee.
- He again lowers his trunk to a prone position.
- These movements are repeated as many times as possible without stopping.

Scoring - One sit-up is credited each time he touches an elbow to his knee.

Notes - Knees must be kept straight until contact is about to be made with elbows. Knees must be touching with opposite elbows. Motion must be continuous, no resting.



### GOALS FOR BOYS IN SIT-UPS

Age	7	8	9	10	11	12	13	14	15	16	17
Score	21	25	28	31	37	40	41	42	43	46	48



## PULL-UPS

(This test counts toward a Fitness Certificate)

Equipment - Pipes, bars, or other supports under 1-1/2 inches in diameter, erected high enough to permit boys to hang at full length without touching feet to the floor.

Performance -

### Starting Position -

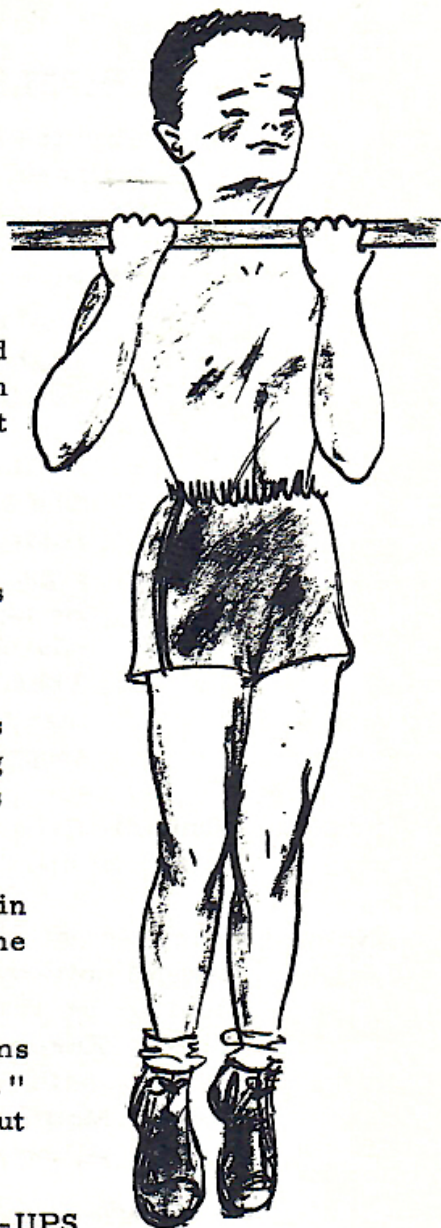
Boy hangs from bar, arms fully extended with palms facing him. (If his feet touch the floor, an exceptionally large boy must bend his knees for clearance.)

### Movement -

- Boy pulls himself up until his chin is brought up above the level of the bar, without a kick, snap, jerk or swing.
- He then lowers himself until his arms are completely straight, repeating the performance as many times as possible.

Scoring - Each time he pulls his chin over the bar in correct form, the boy is given credit for one pull-up.

Notes - Allow no swinging, kicking, etc. The arms should be fully extended after each "chin." All performances should be made without shoes.



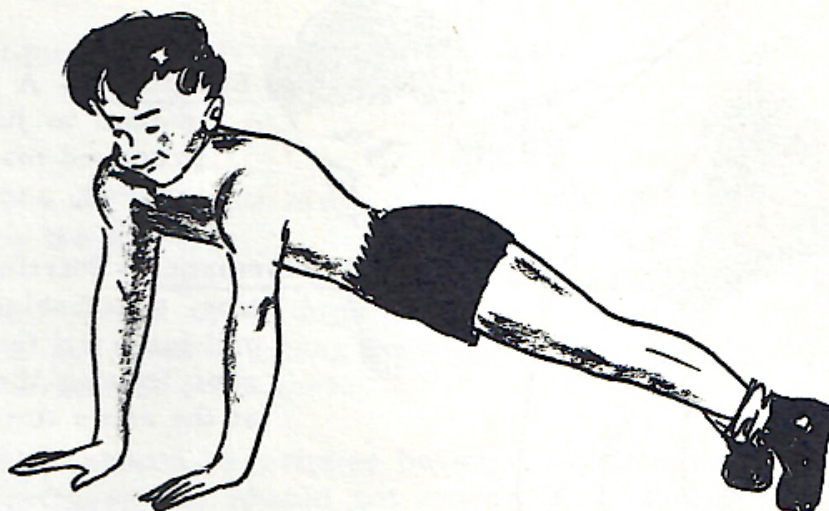
## GOALS FOR BOYS IN PULL-UPS

Age	7	8	9	10	11	12	13	14	15	16	17
Score	2	3	3	3	4	4	5	6	7	8	9



## PUSH-UPS

(This test counts toward a Fitness Certificate)



Equipment - None

Performance -

### Starting Position

Performer lies face downward with elbows bent and hands placed on the floor, thumbs next to chest, fingers forward.

### Movement

- Boy raises body until arms are straight and weight is resting on hands and toes.
- From this position, he lowers his body by bending elbows until his chest touches the ground.
- This movement is repeated as many times as possible without stopping.

Scoring -

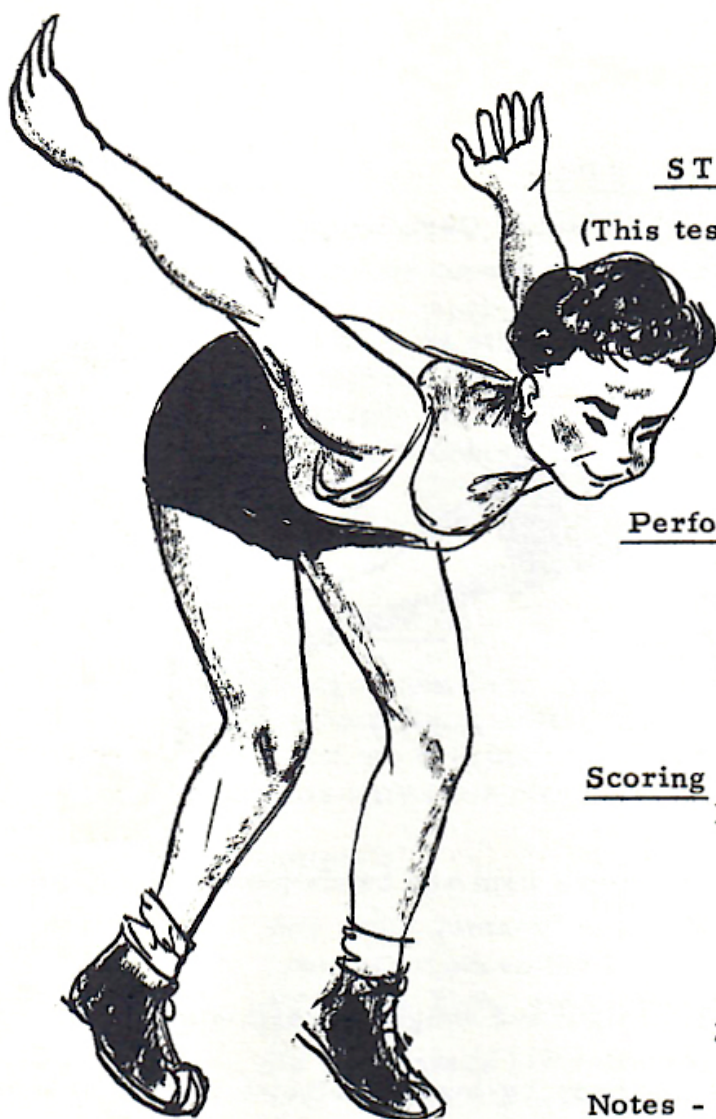
One push-up is scored every time the boy straightens his arms and repeats the exercise in "acceptable form."

Notes - "Acceptable form" is when the heels, hips, shoulders and head are all in the same straight line throughout the exercise. Raising one shoulder first, or raising the hip or shoulders first shall be considered irregular. If a push-up is achieved irregularly, it should not be scored. There is no stopping to rest between push-ups.

## GOALS FOR BOYS IN PUSH-UPS

Age	7	8	9	10	11	12	13	14	15	16	17
Score	8	9	10	11	12	12	13	15	16	18	20





## STANDING BROAD JUMP

(This test counts toward a Fitness Certificate)

Equipment - A mat, pad, floor or the ground to jump upon or a specially prepared mat with distance already marked, and a steel tape measure.

Performance - Starting from a standing position, toes behind the starting line, boy will jump or leap as far forward as he can, leaving the ground with both feet at the same time.

### Scoring -

1. The measurement of any jump shall be made at right angles from the starting line, to the nearest point on the ground touched by the competitor or any part of his apparel.
2. Measure jumps to nearest 1/8 inch.

Notes - Each boy shall have three trials. If boy's toes extend over the starting line it shall be ruled "no jump," but shall count as a trial. Hopping or jumping to the take-off line is irregular and shall be recorded as "no jump," but shall count as a trial. All mats or pads should be fastened securely to the floor and when more than one mat or pad is used they should be securely fastened together. For best results, take-off and landing should be made on the same mat or pad.

## GOALS FOR BOYS IN STANDING BROAD JUMP

Age	7	8	9	10	11	12	13	14
Score	4'	4'4"	4'8"	5'	5'2"	5'6"	5'11"	6'4"

Age	15	16	17
Score	6'9"	7'	7'4"



## VERTICAL WALL JUMP

(This test counts toward a Fitness Certificate)

Equipment - Short piece of chalk and a tape measure.

Performance -

1. Boy faces the wall with his heels flat and his toes touching the wall.
2. He then reaches up as high as he can, and with forearm and hand touching the wall, he makes a small horizontal chalk mark.
3. The chalk should be gripped between the thumb and forefinger and should not extend more than 1/2 inch beyond the finger tips.
4. The boy now turns through a 90° angle so that his side is against the wall.
5. The object then is to see how high he can make the second mark by jumping as far into the air as possible.

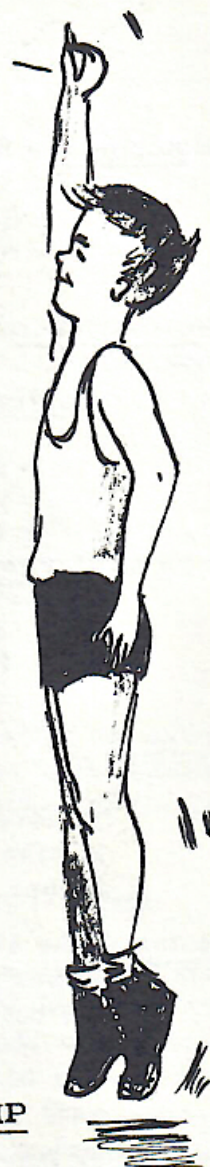
Scoring -

The vertical distance, to the nearest half inch, between the reaching mark and the jumping mark.

### GOALS FOR BOYS IN VERTICAL WALL JUMP

Age	7	8	9	10	11	12
Score	7-3/4"	8"	9-1/4"	9-3/4"	11"	12-3/4"

Age	13	14	15	16	17
Score	13-1/4"	14-1/2"	15"	17"	18-1/4"





## ROPE CLIMB

Equipment - A standard rope approximately 1-1/4 inches in diameter and sixteen feet high, that is free of knots, balls, or other assisting devices, and a stop watch.

Performance -

Starting Position -

Boy stands flat-footed on the floor with his hands at his side.

Movement -

At the command "go" he climbs free-style (hands or hands and legs) to the sixteen-foot marker, in the fastest possible time.

Scoring -

Record time in seconds and tenths of seconds that it takes a boy to touch the sixteen foot marker or higher with either hand.

Notes - The start may be made by jumping, if so desired. Ropes must not be fastened, held, or weighted at the bottom.

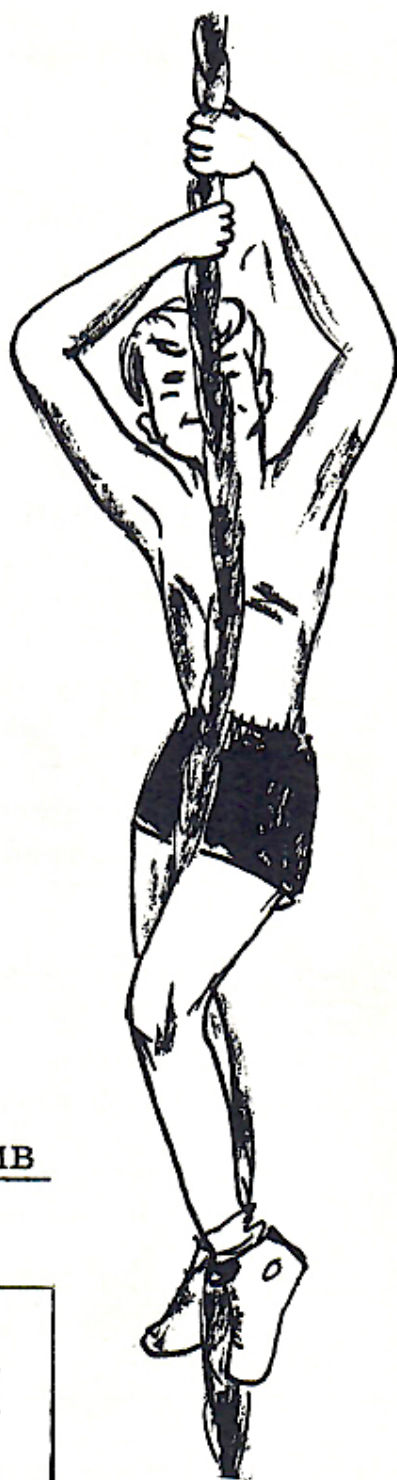
## GOALS FOR BOYS IN ROPE CLIMB

Research Reveals

8 - 9 year olds	- 35% can climb rope to top
10 - 11 - 12 year olds	- 50% can climb rope to top
13 - 14 - 15 year olds	- 65% can climb rope to top
16 - 17 - 18 year olds	- 80% can climb rope to top

Time for those who reach top of rope

8 - 9 year olds	- 20 seconds
10 - 11 - 12 year olds	- 18 seconds
13 - 14 - 15 year olds	- 14 seconds
16 - 17 - 18 year olds	- 10 seconds





## RUNNING BROAD JUMP - INDOOR



### Equipment -

1. A mat, pad, or ground to jump upon.
2. A starting line marked (preferably painted) in white on the ground or mat.
3. A steel tape measure or markings on the ground, pad, or mat at various distances from the starting line up to about twenty-five feet.

### Performance -

A boy may run as great a distance as he chooses, but must take off from or behind the starting line to see how far he can leap, landing on his feet.

### Scoring -

1. The measurement of any jump shall be made at right angles from the starting line to the nearest point on the ground (or mat) touched by the boy, or any part of his apparel.
2. Measure each jump to the nearest 1/8 inch.

Notes - Each boy shall have three trials. If a boy steps over the starting line, it shall be ruled "no jump," but shall count as a trial. As a safety precaution, mats or pads should be securely fastened to the ground. If more than one mat is used, they should be securely fastened together. For best results, take-off and landing should be on the same mat. All jumps should be made in either shoes or sneakers.

## GOALS FOR BOYS IN INDOOR RUNNING BROAD JUMP

Age	9	10	11	12	13	14	15	16	17
Score	7'5"	8'	8'9"	8'11"	9'3"	9'7"	10'2"	10'4"	11'9"



## RUNNING BROAD JUMP - OUTDOOR

### Equipment -

1. If possible, it is best to prepare a level jumping pit by digging up a piece of ground about five feet by twenty-five feet and have a wooden strip two inches by five inches embedded in the ground at one end of the pit flush with the surface, to serve as a "take-off" and "scratch" line.
2. A steel tape measure.

### Performance -

A boy may run for as great a distance as he chooses but must take off from or behind a scratch line to see how far he can jump, landing on his feet.

### Scoring -

1. The measurement of any jump shall be made at right angles from the scratch board to the nearest point on the ground touched by boy or any part of his apparel.
2. Measure jumps to nearest 1/8 inch.

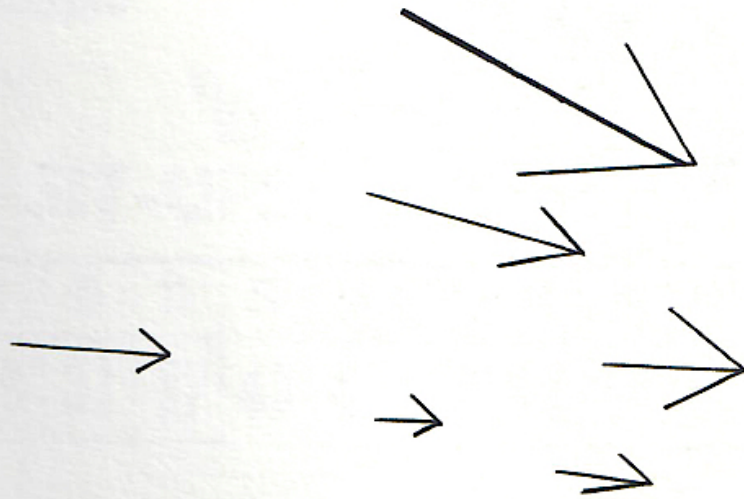
Notes - Each boy shall have three trials. The ground in front of the scratch line should be flush with scratch line. If the performer's sneakers extend over the line (making a mark on the loose ground) as he takes off for his jump, it shall be called "no jump," but shall count as a trial. All boys should wear sneakers for this event.



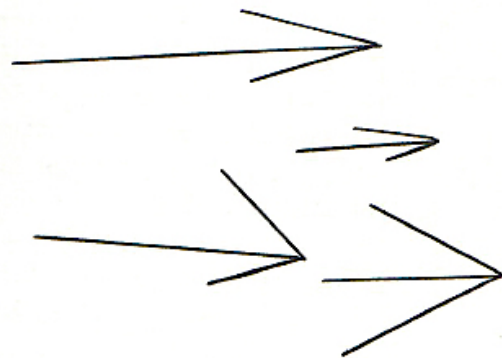
### GOALS FOR BOYS IN OUTDOOR RUNNING BROAD JUMP

Age	9	10	11	12	13	14	15
Score	7'2"	8'1"	8'7"	8'8"	9'7"	9'10"	10'6"





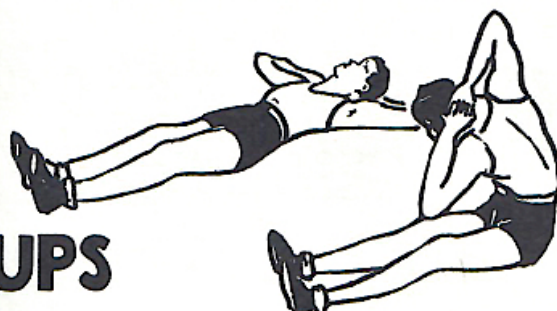
## FORMS AND MATERIALS





# BOYS' CLUBS OF AMERICA

## STANDARDS OF ACCOMPLISHMENT PROGRAM



### GOALS FOR Boys IN SIT-UPS

If you are this old	7	8	9	10	11	12	13	14	15	16	17
You should be able to do this many SIT-UPS	21	25	28	31	37	40	41	42	43	46	48

*These Standards are based upon the scores submitted by Boys' Clubs all across the country. The research was conducted by Program Service, Boys' Clubs of America with the cooperation of the Physical Directors in the Clubs. The statistical work was done by the graduate students in the Department of Health, Physical Education and Recreation, New York University.*

### HOW DO YOU RATE?



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#### WALL CHARTS

A set of eight wall charts, one for each test, is available without charge. These should be posted in locations where testing is done. (It is suggested that they be covered with a plastic protector to insure longer use.)

### HOW DO YOU RATE?

PHYSICAL FITNESS TESTS	TRIAL SCORES	OFFICIAL SCORE	CHECKED BY:
1. SIT-UPS			
2. PULL-UPS			
3. PUSH-UPS			
4. STANDING BROAD JUMP			
5. VERTICAL WALL JUMP			
6. ROPE CLIMBING			
7. INDOOR RUNNING BROAD JUMP			
8. OUTDOOR RUNNING BROAD JUMP			

**EARN A PHYSICAL FITNESS CERTIFICATE  
BY PASSING TESTS 1, 2, 3, 4 AND 5.**

THIS RECORD BOOK BELONGS TO:

NAME \_\_\_\_\_

AGE \_\_\_\_\_ DATE ISSUED \_\_\_\_\_

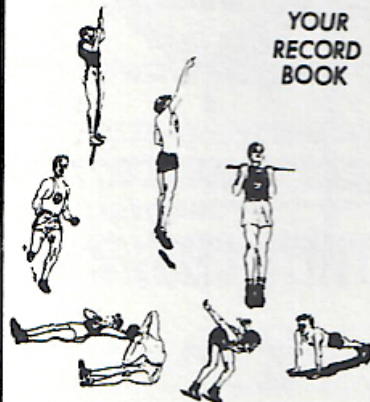
**WRITE IN THE GOALS FOR YOUR AGE**

1. SIT-UPS .....
2. PULL-UPS .....
3. PUSH-UPS .....
4. STANDING BROAD JUMP .....
5. VERTICAL WALL JUMP .....
6. ROPE CLIMBING .....
7. INDOOR RUNNING BROAD JUMP .....
8. OUTDOOR RUNNING BROAD JUMP .....



### BOYS' CLUBS OF AMERICA PHYSICAL FITNESS

#### YOUR RECORD BOOK

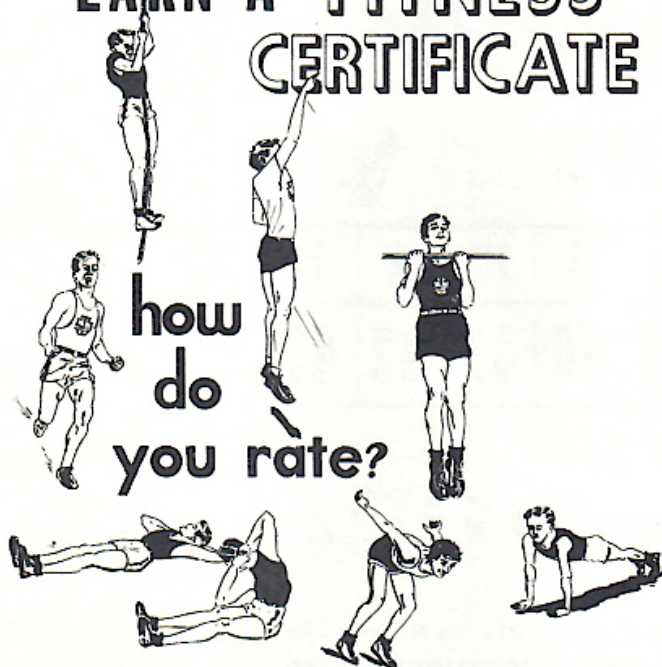


#### Individual Record Books

These may be given to boys for keeping their own individual progress. They are available in lots of 100, at 50¢ per hundred.



# EARN A FITNESS CERTIFICATE



how  
do  
you rate?

TAKE PART IN THE *National*  
**PHYSICAL FITNESS  
TEST PROGRAM**

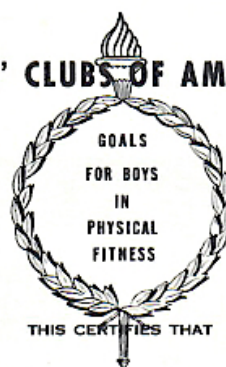


BOYS' CLUBS OF AMERICA

## POSTER

This attractive 14" x 22" poster will help to introduce the program, and create interest among the members. It is available without charge.

**BOYS' CLUBS OF AMERICA**



THIS CERTIFIES THAT

HAS PASSED THE REQUIREMENTS OF THE  
PHYSICAL FITNESS TESTS AND HAS  
ACCORDINGLY EARNED THIS.

**FITNESS CERTIFICATE**

*Albert L. Cole*  
PRESIDENT

*John M. Elkan*  
NATIONAL DIRECTOR

DATE

## FITNESS CERTIFICATE

Certificates are sold only in lots of 100.  
\$1.50 per hundred.



# SUGGESTED RECORD FORM

## RECORD FORM

	1	2	3	4	5	6	7	8	
AGE GROUP <u>9</u>	SIT-UPS	PULL-UPS	PUSH-UPS	STANDING BROAD JUMP	VERTICAL WALL JUMP	ROPE CLIMB	RUNNING BROAD JUMP (INDOOR)	RUNNING BROAD JUMP (OUTDOOR)	REMARKS
JOHNNY JACKSON	20	0	6	<del>4-9</del>			7		
STAN CROWLEY	<del>28</del>	<del>3</del>	<del>1</del>	<del>4-8</del>	<del>9½</del>	18			✓
RAY SMITH	<del>29</del>			3-8½				<del>8-1½</del>	
GOALS FOR THIS AGE GROUP*	28	3	10	4-8	9	20	7-5	7-2	

Use separate form for each age group and enter boy's best performance in pencil.

X - Indicates that goal was passed.

✓ - Indicates that certificate was awarded.

\* - Write in goals for the appropriate age group.



# BOYS' CLUBS OF AMERICA

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